

PEACH AND YOGURT BREAKFAST PARFAIT

A quick breakfast featuring seasonal fruit!

Serves: 2

INGREDIENTS

- 1 cup low-fat plain yogurt
- 2 peaches, diced
- ½ cup granola
- Cinnamon

DIRECTIONS

1. Layer yogurt, peaches, and granola in glasses.
2. Sprinkle with cinnamon.
3. Serve immediately.

tradeUp tip

Trade up from sugary breakfast pastries with fruit and protein.



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